

Fundamental Movement Skills

Planning guide for programming and teaching fundamental movement skills

	Early Childhood			Later Childhood			Early Adolescence
Skill	Preschool Kindergarten	Year1	Year 2	Year 3	Year 4	Year 5	Year 6
Spatial Awareness							
Motor Memory							
Body Awareness							
Static/Dynamic Balance							
Sprint run							
Vertical jump							
Catch							
Underarm throw							
Hop							
Side gallop							
Overarm throw							
Skip							
Dodge							
Forehand strike/Two handed strike							
Kick							
Leap							

Legend	
	Focused teaching and learning, with an emphasis on the introductory components
	Practice and development, with an emphasis on fine-tuning components
	Consolidation and application of skills in sports, games and physical activities
	Benchmark of when most students should demonstrate proficiency of the skill